Lauren Cicero: Expertise Statement

One thing that I know really well is how to skate. I have been Ice skating since I was four years old, and I have gradually improved every year. The town I’m from is big on hockey, so as a girl it wasn’t uncommon for me to play. I initially got into it because I have an older brother who played competitively and now I have a younger brother who also plays hockey, and is hoping to go to prep school and eventually play in college. I am grateful for having my brothers as competition while growing up, because they really pushed me to be better. Naturally, my older brother was always bigger and stronger than me, so it forced me to because mentally and physically tougher. I learned so much from them, and I don’t think that I could have gotten as good if I didn’t have their motivation around me.

One thing that makes me unique as a hockey player is my speed. For all sports, every player knows that one skill that you cannot teach is speed. Granted you can work on techniques for getting better jumps, or reaction times, but you can’t teach someone to be fast. So, throughout the years of playing hockey my coaches have taken advantage of my speed by putting me in positions that would be best and most successful for me. This has also made me a key component on the teams that I have played on, as a result, this has made me push myself harder and improve my game so that I can have an impact as a player.

Being a hockey player is one thing; there are all different things that you can be good at as a hockey player, including stick handling, shooting, and defense; however, one of the most useful things that I have always been complimented on is my skating. It is an aspect of the game that every player needs to be able to do, but it is a more complicated part of the game than many people might assume. I have been told that my skating is elegant, which is strange to describe for such an aggressive sport, but it has been a very useful part of my success as a player. It is one of the things that is unique to me, and it feels good to know that I am recognized by the skill that I have been continuously been working on since the time I first stepped out on the ice.

Obviously, I didn’t always have the talent that I do today. When I first started skating I couldn’t even hold up my own body weight without using a cone. Through many private skating lessons and extra practice, I developed the skills that make me recognizable as a player. It feels good to have come so far throughout my life, because improving my game as a hockey player has truly made me appreciate and love the game more. At times, it felt hard to be yelled at and criticized by my coaches, as well as my dad, but I know they just wanted to make me a better player; therefore, I am grateful for all the attention and support I have gotten, it has pushed me to become stronger.